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ABSTRACTS

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- Iranian Health Education Association
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- IRIB, Health Policy Making Council
- Tabriz Municipality
- Tabriz Petrochemical Company (TPC)

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Introduction: A healthy diet plays an important role in the wellbeing of military personnel, and can increase physical and mental functions. Educational programs are one of the most important methods for correct nutrition and nutritional behaviors. Correct education may have effects on nutritional knowledge, attitude and practice. The aim of this study was to determine the effects of education on nutritional behaviors in Iranian military personnel.

Materials and Methods: This study was a Semi-experimental one through before and after done on 422 military centers personnel with an age range of 19-55 years in Tehran Province. Data collected using a questionnaire that consisted of 56 questions. Before applying the questionnaire it was sent to six experts in nutrition education domains to confirm its validity. The reliability of the questionnaire was tested by test-retest technique ($r=0.8$). A face – to- face interview, as well as completion of the questionnaire, was used to collect data. The subject's practice was measured in three different levels: low (<50%), moderate (50-75%) and good (>75%). After determining levels of dietary habits, an educational program (software) was designed and distributed among the study participants. Then, four weeks following the first stage, post test was done. The collected data before and after intervention has been analyzed using the SPSS package and Paired t-test.

Results: The score mean of knowledge, attitudes, and practice towards correct nutritional model has been raised significantly following the intervention ($p<0.05$). That is, the score mean and SD of the subjects' KAP was changed from 62.99 (17.09), 44.54 (6.32), and 38.36 (11.48) to 73.47 (18.53), 58.04 (14.35), and 55.57 (25.65) respectively. These differences as mentioned, was statistically significant ($p<0.001$).

Discussion and conclusion: The educational intervention has an accepted effect on correct nutritional model in military centers personnel. According to the study results, it is recommended that such educational intervention may be applied to other military centers.

Keywords: Education, Nutritional behaviors, Military Personnel, Iran.

EFFECTS OF DRAWING AND PICTURE-BASED NUTRITION EDUCATION ON KNOWLEDGE OF 5 TO 6 YEAR OLD CHILDREN IN ARDEBIL PROVINCE KINDERGARTENS

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Introduction: Nutrition education is one of the most important factors affecting children development and effective growth. The aim of this investigation was to assess the effect of drawing and picture based nutrition education on knowledge of 5 to 6 years old children in Ardebil kindergarten.

Materials and Methods: It was a quasi-experimental before-after study which was conducted in 2009. The total number of selected samples was 400 people chosen from all kindergartens of the province including rural and urban, public and private, etc., so that it had a good distribution. After listing all kindergartens, the bulk of samples were randomly selected from the list. The data were gathered by pictorial questionnaire which included awareness questions whose reliability was ensured by alpha coefficient of 0.8. During the test, first the questions were clearly described by kindergarten trainer without pointing to the answer. Then, the children colored the correct choices green and the harmful choices red.

The choices were marked by colorful pencils. Afterwards, the children were actively educated by children workbooks, which included drawing and pictorial activities for one month. The trainers of the kindergartens were responsible for educating them. The trainers themselves had been educated in a workshop about how to educate the workbooks. Two weeks after the end of the course, the questionnaires were re-used and the same questionnaire was filled in accordance with sample volume. The scores of awareness were analyzed by the software SPSS and their means were compared by paired t-test.

Results: The post test mean score with concern to increasing nutrition knowledge were significantly enhanced from those of the pretest mean score.

Discussion and conclusion: This result revealed the importance of oral hygiene instruction via a drawing book and follow up by parent at home. Therefore, this method can be useful way for informing the children.

Keywords: Kindergarten, Nutrition

IMPACT OF A CUSTOMIZED DIETARY INTERVENTION ON ANTIOXIDANT STATUS, DIETARY INTAKES, PERIODONTAL INDICES AND INFLAMMATORY MARKERS IN PATIENTS WITH ADULT PERIODONTITIS.

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Introduction: Nutrition may be important in the prevention and control of chronic adult periodontitis. The role of adequate consumption of fruits, vegetables and whole grains in dietary antioxidants in chronic periodontitis has not been thoroughly investigated.

The main aim of this dietary intervention study was to assess the influence of customized dietary intervention (aiming to increase the consumption of fruits, vegetable and whole grains) on antioxidant status in adults with chronic periodontitis. In this study, 51 subjects aged 30 – 65 years old, were recruited from Newcastle